

Orange Honeyed Acorn Squash

Makes: 6 servings

Ingredients

3 acorn squash (small)

1/8 cup orange juice

1/4 cup honey

2 tablespoons butter or margarine

1/8 teaspoon nutmeg (optional)

Directions

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminium foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Source: University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p. FV-37

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	4 g
Saturated Fat	3 g
Cholesterol	10
Sodium	40 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available